

RESIDENT SERVICE ACTIVITY REPORT



PREPARED FOR

*BETHLEHEM PIONEER PLACE - MANSFIELD, TX
IRONWOOD CROSSING - FT WORTH, TX
MERRITT MCGOWAN - MCKINNEY, TX
NEWSOME HOMES - MCKINNEY, TX
NLR HOUSING AUTHORITY - NLR, AR
PARK AT SYCAMORE - FT WORTH, TX
PATRIOT PARK - PLANO, TX
RENAISSANCE SQUARE - FT WORTH, TX
RIDGE AT TRINITY - DALLAS, TX
RUSH CREEK - ARLINGTON, TX
TREYMORE AT CITY PLACE - DALLAS, TX
TREYMORE NORTH - DALLAS, TX
VERANDA TOWNHOMES - PLANO, TX
WM AT THE RIVER - DAYTONA BEACH, FL*



SUMMARY

Starting this month, Emana began to provide a social service to the seniors at Bethlehem Pioneer Place in Mansfield, Texas, proudly managed by Carleton Management Services. We added two arts & crafts events and two social activities on top of the pre-scheduled events, in which the seniors expressed their most interest in participation. The numbers of turnouts and appreciation welcomed the "Karaoke Klub" and "Canvas Painting." Significantly, the management team and the seniors greatly liked our coordinator.

We attracted more residents to participate in our activities this month. More than one hundred thirty (130) residents at Treymore communities joined in our "Slushy-Icy" and "Grill by the Pool" events. Schooling Encouragement Foundation hosted educational reading events with games and prizes at Patriot, Veranda, and Merritt McGowan to keep the children loving the books in the summertime. We donated sixty-six (66) Tommy Hilfiger polos and Nike T-Shirts to Patriot, Veranda, and Rush Creek residents. The City Square organization started to provide free meals every weekday at Ridge at Trinity and Rush Creek this month and will continue until August.



The water balloon party at Merritt McGowan help kids cool and having fun outdoor. The children came out to enjoy their chips and Kool-aid drinks and beat the summer heat in the most fun way possible. We hardly stopped them from playing. Every 10-minute session went with the fullest laughs, yells, and runs.

The Father's Day Cookout at Newsome Homes attracted more than thirty (30) residents. The residents enjoyed their favorite music and hung out with neighbors while tasting the best beef hotdogs and hamburgers with Hawaiian blueberry punch. We made it more than a meal service occasion.

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Seniors at Bethlehem Pioneer Place and Newsome Homes said the canvas painting was a good idea for their arts & crafts activities. It was impressive that many of them announced that they would hang their artworks on the wall. They made some remarkable inspiration with flowers, animals, and people abstracts.

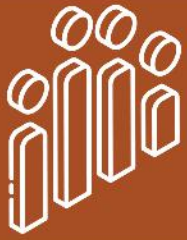


We sincerely want to invite all participants, sponsors, owners, and management teams to follow us on social media for more activity information.

- www.facebook.com/EmanaMFS

- <https://www.emanacorp.com>

Please send us your comments or suggestions so we can continuously improve our services to comply with the requirements and fulfill the residents' needs.



ACTIVITY DETAILS & SNAPSHOTS

Columbia Renaissance Square - Fort Worth, TX

Total Events **Total Participants**
6 **108**

This month, we have sixteen (16) residents who joined the weekly exercises. Many thanks to the participants and coordinators for the early activities. Keeping us healthy and losing some weight is our purpose for this lose weight campaign at Renaissance Square.

Accounted for the successful social events, we hosted an ice-cream social on the 2nd and a Father's Day barbecue on the 14th. Twenty-five (25) residents came for ice cream and to hang out with others.

Twenty-seven (27) people participated in the barbecue event. Many appreciated our efforts to spend the resources and bring a good time to the community. We thanked our sponsors like Schooling Encouragement Foundation and Aetna Better Health. We also want to thank the management team at Columbia Renaissance Square.

The children enjoyed making their bracelets. Seventeen (17) kids attended our first arts & crafts session of the month to make bracelets—their crafty enthusiasm and ability to follow instructions amazed our coordinator.

The second arts & crafts session was to paint the wood figures. Children and adults joined in an event and showed their artistic talents. A mom was so interested in participating that she brought a young child with her for the fun we created.



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Columbia Renaissance Square - Fort Worth, TX

Aetna Better Health of Texas hosted the quarterly health and nutrition event on June 30th. We want to thank our business partner for providing a healthy snack and instructing the participants on better health with appropriate food intake. Eleven (11) residents attended the event.



Ironwood Crossing Apartments - Fort Worth, TX
Rush Creek Apartments - Arlington, TX
Park at Sycamore - Fort Worth, TX

Total Events Total Participants
3 114

We hosted two Snow cone social events at Ironwood Crossing and Park at Sycamore, and a "Grap your meal, select your polos" at Rush Creek this month.

On June 15th, 2022, we hosted a snow cone time at Ironwood Crossing. Forty-nine (49) children and parents joined in the social event. Children loved the smooth crushed ice with added syrups of cherry, blueberry, and kiwi flavors.

We hosted the social event at Park at Sycamore with the same setup. The pool was open for the summertime, so the residents enjoyed the snow cone while having a good time in the pool. Forty-two (42) participants came out to have fun.

At Rush Creek, thanks to the Schooling Encouragement Foundation team for giving away Tommy Hilfiger polos on June 28th. City Square provided free meals to the residents every day since June 6th. We gave twenty-three (23) polos to the participants.



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Ironwood Crossing Apartments - Fort Worth, TX
Rush Creek Apartments - Arlington, TX
Park at Sycamore - Fort Worth, TX



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**Newsome Homes - McKinney, TX
Merritt McGowan Manor - McKinney, TX**

Total Events Total Participants
12 263



On June 1st, we hosted a "Movie Hours" social event at Newsome Homes. Fourteen (14) seniors came to watch the movie and enjoy a popcorn bar for two hours. It was the first time the residents gathered together to watch a film in this facility. Many thanked the team for providing them with a good time.

Seniors were enthusiastic about our two arts & crafts events this month: the Zigsaw-puzzle solving and canvas painting. Nine (9) participants focused on putting their puzzles together and took them home for hanging. The Zigsaw puzzle helps to reinforce connections between brain cells and improve the seniors' visual-spatial reasoning. On June 27th, seventeen (17) seniors creatively painted their traced canvases. Painting on canvas inspired creativity among the residents, and they picked their favorite colors and completed a remarkable piece of art.

Also, this month, we hosted the 2nd quarterly Health and Nutrition course. We served healthy fruits and talked about aging and mental health concerns to eight (8) participants. We shared the periodic health newsletter with the seniors.

Newsome Homes - McKinney, TX
Merritt McGowan Manor - McKinney, TX

We celebrated Father's Day with the seniors through a cookout event on June 14th. Thirty-one (31) residents joined us for a good time outdoor with plenty of food served right from the grills, baked beans, beef hotdogs, hamburgers, chips, and punch. We turned on music with their favorite songs and cooked on two grills. It was a good time for residents to hang out and get tasty food.

On June 23rd, as usual, we provide a food pantry with many new food items. Fourteen residents participated for the food they needed at the time. We also gave out milk and many types of vitamin and energy drinks.

At Merritt McGowan, we started with the game day on June 1st. We arranged tossing games for children with winning prizes and served different snacks with drinks for all participants. Twenty-five (25) children and adults came out to join. The kids showed their happiness even when they lost their games, and most wanted to play many times until they won a prize to take home.



Thirty-four (34) people participated in the quarterly Health and Nutrition event. They learn to cook a healthy snack or meal while getting fresh fruits in a cup. The kids loved watermelon more than any other fruits in the hot summertime.



We hosted a snow-cone social on June 7th. Forty-seven (47) kids and adults came out for more than one cup of snowy drinks. They made their choice of different flavor syrups and colors.



This month, Schooling Encouragement Foundation supported hosting a scholastic reading on June 10th. Fourteen (14) kids participated, and they read and took challenge questions to win books, supplies, and toys.

Newsome Homes - McKinney, TX Merritt McGowan Manor - McKinney, TX



Twenty (20) people participated in the food pantry event on June 23rd. The kids liked oatmeals, cereals, and canned fruits the most, and we also gave out milk and gummy bears to the children.

The water balloon party was the enormous fun ever. Thirty (30) kids got wet, chased, and yelled at each other on the hot day of June. Many have asked for more water events at Merritt and expressed their happiness in participating.



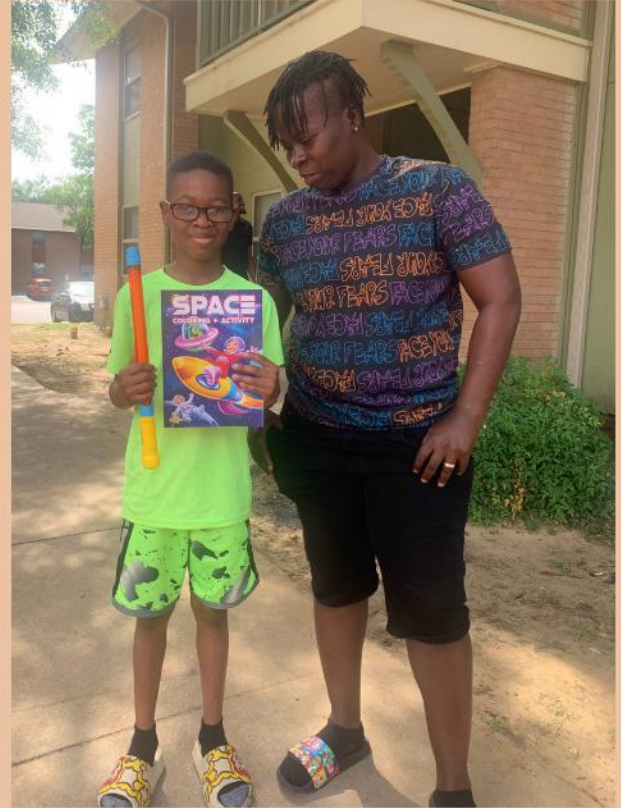
Ridge at Trinity - Dallas, TX

Total Events Total Participants
3 58

We kicked off the summer meal program on the 7th provided by the City Square. They come every weekday to give out nutritious meals to residents needed. We gave away some books and summer toys to the kids and introduced the free meal program to the residents at Ridge. Seventeen (17) children and adults came out to join in the event.

On June 21st, we worked with our business partners to host an outdoor game day with popsicle treats. Thirty-one (31) residents participated in the event. They had fun playing outdoor and treated themselves to cold popsicles.

Thanks to United Healthcare for continuing to host the monthly bingo at Ridge. Ten (10) residents enjoyed a good time. Bingo is an excellent game to help seniors reinforce their focus and get some needed household items for their winning prizes.



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Ridge at Trinity - Dallas, TX



WM At The River - Daytona Beach, FL

This month, we communicated with the senior residents on mental health concerns. We prepared the health education newsletter and sent it to the property, and the property management team delivered it to 200 seniors. We wanted to share the information with the residents on aging and mental health concerns and how to improve cognitive function in aging people.

We also attached a word puzzle for them to exercise conveniently. Word searches keep the mind active. While word searches may not seem the most stimulating activities, they can benefit aging brains, and it helps seniors sharpen their reasoning skills.



The four early warning signs of mental illness are:

- **Memory Issues:** Signs of memory loss include misplacing belongings, repeating asking for the same information, or forgetting the important dates. The memory problem is considered an early sign of mental illness.
- **Changes in personal care:** Signs of changes in personal care may include stopping adhering to the regular personal care routines. Change in personal appearance is a noticeable sign of mental illness.
- **Changes in Mood:** Signs of change in disposition likely accompany mental illness. Aging people could become anxious, upbeat about depression, or get confused.
- **Social Withdrawal:** Signs of withdrawing from social activities such as avoiding regular social engagement or losing interest in group activities. A person who develops mental illness might remove himself from a card game or a social luncheon that he previously had been excited about playing.



The six lifestyle interventions are recommended for slowing cognitive decline and dementia.

According to the World Health Organization (WHO), the evaluated interventions in lifestyle that could help to slow down the decline of memory loss in aging people are:

- **Physical Activities:** Physical activities can be planned exercises, walking, cycling, sports, or household chores. WHO recommends that adults aged 65 or more spend 150 minutes on physical activity per week.
- **Quitting Smoking:** Many past studies indicated that people who smoke are also at a higher risk of developing all types of dementia and up to a 78% increased risk for Alzheimer's disease. Therefore, quitting smoking may reduce the chances of cognitive decline.

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THE HEALTH NEWSLETTER

A Periodic Health Newsletter for Seniors by Emana LLC

Promoting Health for Seniors Aging and Mental Health Concerns

In June periodic health newsletter, we share some information about the mental health issue in the aging population. In fact, according to the CDC, approximately 20% of people over 65 experienced some cognitive concern. The most common conditions include depression, dementia, Alzheimer's disease, anxiety, bipolar disorder, and schizophrenia.



By Dr. Debra Fulghum Bruce via WebMD. In 2020, depression affected about six (6) million Americans aged 65 and older. However, only 10% got treatment because older people often display symptoms of depression differently. It is also frequently confused with the effects of multiple illnesses and their medicines. Besides, five (5) million seniors may experience symptoms of Alzheimer's.

So, what are the risk factors for mental health concerns in aging people? (By Angelika Gaunt's article on July 12, 2021, published on the "A Place For Mom" website)

The risk factors include:

- Alcohol or substance abuse
- Dementia-causing illness (e.g., Alzheimer's disease)
- Illness or loss of a loved one
- Long-term illness (e.g., cancer or heart disease)
- Chronic pain
- Medication interactions
- Physical disability or loss of mobility
- Physical ailments that can affect emotion, memory, and thought
- Poor diet or malnutrition

Four Early Warning Signs of Mental Illness to Watch for in Older Adults

Mental illnesses cause mild-to-severe disturbances in thought and behavior, resulting in an inability to cope with life's ordinary demands or routines. We need to be aware of the four early warning signs to watch for and get appropriate treatment.

- **Nutrition and Diet:** A healthy diet helps also maintain good health for the brain. There are many diets, but the most proven diet is the Mediterranean diet through clinical studies. The Mediterranean diet, which contains high amounts of fruits, vegetables, potatoes, whole grain, fish, poultry, legumes, nuts, and olive oil, can reduce the risk of cognitive decline and dementia.
- **Reducing Alcohol Use Disorder:** Evidently, excessive alcohol consumption can lead to brain damage, so reducing alcohol use helps slow down cognitive decline in aging people.
- **Social activities:** Social participation and social support are connected to overall health and well-being. Therefore, social participation may help slow down cognitive decline and dementia.
- **Weight Management:** Many studies suggest that obesity relates to some severe medical conditions. Thus, for good overall health, weight management is essential, and it may help reduce the risk of cognitive decline and dementia.

How to Improve cognitive function in aging people

Cognitive function refers to the person's brain functions across cognitive health, motor function, emotional function, and tactile function.

- **Cognitive health** is measured by how well you think, learn, and remember.
- **Motor function** refers to how well you make and control movements, including balance.
- **Emotional function** is an indication of how well you interpret and respond both pleasantly and unpleasantly.
- **Tactile function** is how well you feel and respond to touch sensations, including pressure, pain, and temperature.

The National Institute on Aging suggests elderly to consider the following to help improve their cognitive function:

- Take care of the physical health
- Manage high blood pressure
- Eat healthy food
- Keep the mind active
- Stay connected with social activities
- Manage stress



**Patriot Park Apartments - Plano, TX
Veranda Townhomes - Plano, TX**

**Total Events Total Participants
9 142**

We provide resident services to Patriot Park and Veranda Townhomes only for the first two weeks of this month.

On June 3rd, our business partner, Schooling Encouragement Foundation, donated infant and youth Tommy Hilfiger polos and adult Nike sports jerseys and T-shirts to Patriot Park and Veranda Townhomes residents. Thirty-one (31) participants at Patriot Park got their new polos and Nike shirts, while eleven (11) residents came out at Veranda Townhome for the clothes.

On June 6th, we provided fresh produces at Veranda Townhomes. Produces have included fresh cabbages, Idaho potatoes, tomatoes, watermelon, pears, grapes, milk, and more. Thirteen (13) residents joined the event and picked up their boxes.

Schooling Encouragement Foundation hosted the scholastic reading on June 11th. Two (2) participated at Patriot Park. At Veranda Townhomes, three (3) kids and moms joined in.



Treymore at City Place - Dallas, TX
Treymore North - Dallas, TX

Total Events Total Participants
3 134

On June 8th, we hosted a "slushy-icy" hour. Kids loved the blueberry flavor versus adults who liked the pineapple flavor better. Sixty-nine (69) children and adults participated for at least one cup of icy drinks.

The "Grill by the pool" social event successfully highlighted the social services of the month at Treymore's communities. On June 21st, a sweltering day, we brought the grills, hotdogs, and hamburgers to Treymore at City Place. Sixty-five (65) residents came out to join the fun event, and many of the adults expressed their appreciation to us for bringing joy to the communities, including the management team. The residents enjoyed the grill as much as the pool on that hot summer day.



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Treymore at City Place - Dallas, TX
Treymore North - Dallas, TX



Bethlehem Pioneer Place - Mansfield, TX

Total Events **Total Participants**
5 **60**



We thank Amerilife for hosting the lunch and learn on June 8th at Bethlehem Pioneer Place. Eight (8) seniors learned more about the Medicare program's options and benefits. They enjoyed having lunch together and discussing the possibilities of the program.



The Emana team hosted the first arts and crafts event on June 12th. Twelve (12) residents joined us to color their traced canvas of choice. Many seniors wanted to place their paintings on the wall, showing us their interests and enthusiasm for painting.



We worked with the management team and other business partners to arrange a mini-mall event where participants could shop for their various crafted items, such as jewelry and garments. Six (6) residents participated in this event.

The social event that brought the most fun was the "Karaoke Klub" social on June 23rd. Twenty-five (25) participants had a good time together. We found many talented singers amongst the residents.

On June 27th, the Emana team assisted nine (9) residents in making the decorations for the Fourth of July. Senior enjoyed crafting the decors, and Emana coordinator was enthusiastic about her instruction and assistance to all seniors.

Bethlehem Pioneer Place - Mansfield, TX



North Little Rock Housing Authority - NLR, AR

Activities	# of Working Hours
Administrative Activities	8
Graduation Ceremony	8
Communication and Coordination	36
Case Management	108

Emana team continued to work with participants on a regular virtual meeting.

We attended the graduation ceremony with the Housing Authority of North Little Rock to congratulate two FSS participants on completing the program. One of the participants announced her future homeownership as she met the program requirements and her obligations to own her first home. That was one of the significant successes the Housing Authority has led since the pandemic.

